



PATIENT INFORMATION

BOTULINUM TOXIN (BOTOX®)

WHAT IS BOTOX®?

Botox® is the brand name of a toxin produced by the bacterium *Clostridium botulinum*. In large amounts, this toxin can cause a form of muscle paralysis known as botulism, which is usually associated with food poisoning. Even though one of the most serious complications of botulism is paralysis, scientists have discovered a way to use it to human advantage. Ophthalmic (eye) surgeons found that injecting it close to the eye, stopped facial tics by relaxing the muscles. A side effect of this treatment was a reduction in wrinkles at the site of injection. Small, diluted amounts of Botox are now used to inject into specific muscles, causing controlled relaxation of the muscles, reducing wrinkles and fine lines.

HOW DOES BOTOX® WORK?

Botox® blocks the signals from the nerve to your muscles. following injection the muscle can no longer contract (tighten) as forcefully, this causes your wrinkles to relax and soften.

WHAT CAN BE ACCOMPLISHED WITH BOTOX® ?

Botox is a great way to soften fine lines and wrinkles without having to undergo invasive surgery. It can also be combined with dermal fillers to provide even better results. Botox can cover a range of areas on the face including but not limited to; crows feet, glabella and the forehead.

HOW LONG DOES BOTOX® LAST?

The results from Botox® can take between 3-10 days to take full effect and then normally last between 3 to 4 months. The effects of Botox may be shortened by a number of factors including:

- Age – Older people with less muscle tone may find the effects last for less time.
- Smoking
- Facial structure and expressions
- Skin condition
- Previous Sun exposure

HOW MANY TREATMENTS WILL I NEED?

A single session will last 3-4 months, for continued results further treatments will be required as the results fade.

DOES BOTOX® HURT?

Any injection can hurt, but the needles used for Botox injections are very small, so pain is usually very slight. The area can be numbed with a topical anaesthetic cream or cold pack 10-20 minutes before the injections are given, so you may not feel much pain, if any. You may however feel a little discomfort later, once the anaesthetic cream has worn off.

PRE-TREATMENT ADVICE FOR BOTOX®



THE MEDICAL EYE CLINIC

All your eye needs...

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Please do not drink any alcohol during the 24 hours before your treatment. We also advise that you avoid using aspirin or other non-steroidal anti-inflammatory drugs for a few days before your treatment (unless they are taken for a chronic medical condition). Avoiding these medications will reduce your risk of bruising at the point of injection. Please do not wear make-up on the day of the treatment. Ask your medical practitioner if you have any concerns.

BOTOX® AFTERCARE

Aftercare is very important, so make sure you're doing everything right by discussing it with your medical practitioner:

- Don't touch, massage or rub the affected area in any way for at least 24 hours, to prevent the Botox® from spreading to other muscles.
- Avoid strenuous exercise or activities and don't lie down for, at least four hours after the procedure, to avoid the Botox® moving to other areas.
- Don't undergo other treatments like microdermabrasion, facials and chemical peels for at least 24 hours after the procedure.
- Avoid exposure to strong sunlight for the first two weeks after treatment.

If you require pain medication after treatment, you can take paracetamol, but avoid anti-inflammatory medications, such as ibuprofen and aspirin, as these thin the blood, which can exacerbate any bruising.

It is rare to get any serious side effects following treatment, however possible side-effects include the following:

- bruising/swelling/redness at injection site
- infection
- nausea, headache or flu-like symptoms
- occasional numbness
- drooping of the eyebrow or upper eyelid or swelling and redness in eyelids

Allergic reactions (see below)

- rash and itchiness
- visual disturbances
- Visual loss
- photosensitivity
- facial swelling
- dry mouth
- dizziness
- anxiety
- 'pins and needles' sensation
- dry skin
- antibody formation (substantial deterioration in response)

If you experience any of the above after having Botox, speak to your medical practitioner immediately.



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HOW MUCH DOES IT COST?

Prices include a 2 week follow-up appointment at which point top up injections may be needed. If new areas require injection they will be charged as above.

One Zone	£195
Two Zones	£250
Three Zones	£350
Extra zone	£50
Brow lift	£300
Nefertiti neck Lift	£400
Choker Lines	£300
Treatment of underarm sweating	£600